

INDIGENOUS STRESS MANAGEMENT SESSIONS

COVID-19 hasn't been easy on us or our families.

Come in for a session and learn how to create solutions to:

- Social isolation
- Lack of social interaction for youth
- Financial stressors
- Fear and worry about going out in public or back to work
- Access to normal social support networks
- Any other life stresses you are facing

BRADLEY CASTILLO FROM SALISH HEALTH WILL BE ON SITE TO HOST ONE-ON-ONE SESSIONS AIMED AT CREATING HEALTHY RESPONSES TO STRESS



SALISH HEALTH
HEALING THROUGH TRADITION

OPEN TO ALL!

From Salish Health:

We help all people gain, retain and exercise skills to cope with and overcome stress responses to trauma.

WHEN: Every Monday, Tuesday and Wednesday, 9am - 4pm

WHERE:
The Recovery Cafe

To sign up: call Josette Ross at 360-413-2707 or the MAs at 360-459-5312

***TM preference for scheduling**